



STRESS *or* REST

LUKE 10:38-42

MARTHA — *stress over many things*

MARY — *rest in the one thing*

RENEWAL QUESTIONS: Read Luke 10:38-42. In this story who do you relate to most, Martha or Mary? Why? Martha is “distracted with much serving,” and stressed over many things. When have you experienced a similar situation? How did you feel? How does distraction and stress, even while serving, influence our relationship with God and others? Mary is at rest in the one thing. What can you learn from Mary in this story? How can you apply it to your life? This week, how will you move from stress over many things to rest in Jesus?

Today's message:
Neil Tomba
December 17, 2023

OUR VISION: By 2026, we will be having thousands of surprisingly easy-to-start conversations about Jesus all over our city because we are convinced, where God has us is where Jesus is. **SHARE YOUR STORIES OF CONVERSATIONS ABOUT JESUS WITH US IN OUR CONVERSATIONS HUB AT [NORTHWESTBIBLE.ORG/CONVERSATIONS](https://northwestbible.org/conversations).**

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